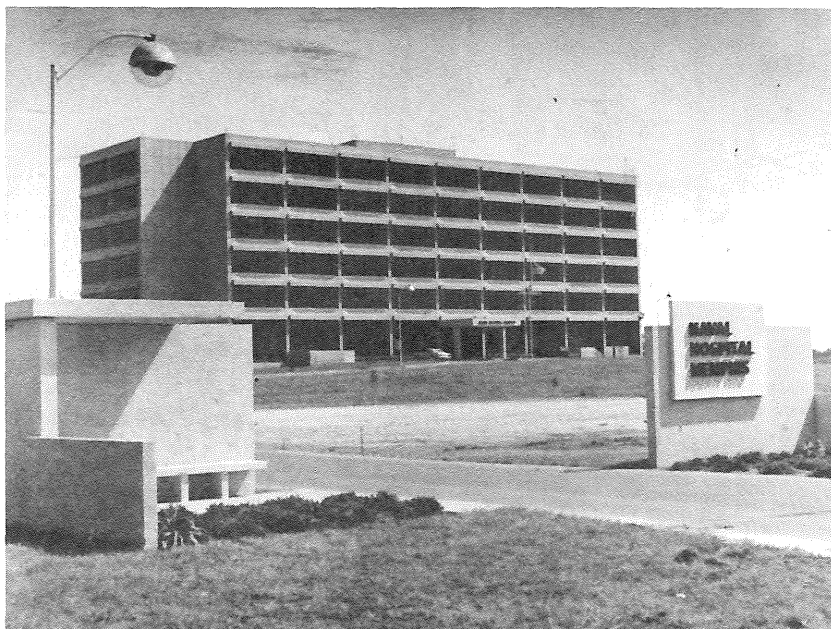


THE HOSPITAL CLIPPER



VOL. 8, NO. 4

NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENN. 38054

NOVEMBER 1974



WINNING THE 1974 INTRAMURAL TOUCH FOOTBALL BASE CHAMPIONSHIP from NAS Dental (6-2), the Hospital Team is pictured below from left, standing: HA William K. Bierer, HN Myron D. Gargus, HM3 Gregory W. Sexton (coach), CAPT R.M. Lehman, Jr., CO NAVHOSP, HM3 Terry L. Jennings (captain), HA Pink E. Dorsey, and HN Tracy E. Grim. Kneeling from the left is: HN Michael C. Klemme, HM3 John R. Valentine, HM3 Herbert E. Childress, HML August T. Erickson, HA Thomas S. Herring, HA Orenthous (OJ) Miller, and HN Michael W. Johnson. Not pictured were HM3 Benjamin Edwards and HN Tyrone O. Rogers.



WE EXTEND A WARM WELCOME to the new American Red Cross Naval Hospital Field Director, Miss Elizabeth G. Taylor, who hails from Warrenton, North Carolina. She came to us from the Naval Hospital, Beaufort, South Carolina.



Equal Opportunity Policy Statement

Military and civilian managers at all levels have an obligation to provide avenues for progression and to motivate and assist all personnel, military and civilian, in development of their potentials. Established equal opportunity goals and objectives policies are designed to insure fully equal treatment of all personnel and to move toward our long standing objective of full integration in all occupations and levels. Conversely, all personnel, who desire to move ahead, have an obligation to earn opportunities for advancement through participation in available training programs, self-development programs, and by demonstrating capabilities.

Officials responsible for identifying persons for advancement must insure that they are not being consciously or subconsciously influenced by outdated concepts of selecting minorities and women only when they are substantially better qualified than others. We can ill afford to be influenced by irrelevant considerations such as race, color, religion,

sex, age, or national origin in our selections and in providing avenues for advancement. Particular awareness of this responsibility is required in selections for those occupations and levels in which the effects of past discrimination have not yet been overcome.

I am pleased to note that there is a real commitment to our race relations and equal opportunity policies by the majority of Navy and Marine Corps military commanders and managers. Significant improvements have occurred in race relations and in movement of minorities and women into occupations and levels in which they have been obviously under-represented. However, there is still a great deal to be done, and trouble spots come to light from time to time. I intend to use the power of my office to its maximum to overcome the remaining vestiges of past discrimination. With the cooperation of all hands, both military and civilian, I feel sure we can add to our accomplishments.

J. William Middendorf II

J. William Middendorf II
Secretary of the Navy



CAPTAIN R. M. LEHMAN, JR., MC, USN. COMMANDING OFFICER
CAPTAIN G. W. JAUCHLER, MC, USN. . . DIR., PROFESSIONAL SERVICES
COMMANDER S. D. BARKER, MSC, USN. EXECUTIVE OFFICER

DUPLICATED MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATE FUNDS AND IN COMPLIANCE WITH NAVEXOS p-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL HOSPITAL MEMPHIS, MILLINGTON, TENNESSEE. THE HOSPITAL CLIPPER SOLICITS NEWS ITEMS FROM ITS READERS.

EDITOR-IN-CHIEF LT J. C. NEW, MSC, USN
EDITOR. HM2 C. P. SATTERTHWAIT, JR, USN

TUITION AID FOR PART-TIME STUDY TO CONTINUE

The Bureau of Medicine has confirmed that, provided funds are available, tuition aid for Medical Department personnel who obtain part-time out-service training in accredited civilian institutions will continue. The training must directly relate to areas of Medical Department responsibility. Consideration will be given to requests for other courses if they satisfy required credits or prerequisites to desired courses in a planned program leading to a degree or certificate which will enable the applicant to assume increased responsibility, or function more effectively in their assignment.

Applicants must be active-duty members of the Medical Department, either regular Navy or Reserve. Enlisted personnel must have sufficient obligated service remaining to insure completion of the requested course.

Request for tuition aid should be submitted via the Commanding Officer to reach BUMED not later than 10 days before the classes begin. Aid is currently provided to cover 75% of the total cost of textbooks, tuition, and fees. No more than two courses totaling no more than 8 semester hours will ordinarily be approved each semester. Personnel who withdraw prior to completion of courses must refund the expenses assumed by the Navy unless the Commanding Officer determines that the circumstances that necessitated the withdrawal were beyond the student's control.

Hospital Corpsmen and Dental Technicians may be considered for training not directly related to areas of responsibility if the courses relate to a professional improvement program leading to commissioned officer grade.

Further details of the tuition aid program and sample format for letters of application may be obtained from the Training Office. Recommendations for special or additional courses to be conducted should be submitted to or discussed with the Educational Counsellor.



Think.

Rabbits. Deer.
Squirrels. Skunks. Bears.
Foxes. Badgers. Birds.
They all live in the forest.

When you come to visit, drown your campfire. Crush your smokes. Hold your matches until they're cold. And most important, use your head.

After all, they wouldn't burn down your home. Don't burn down theirs.

Ad A Public Service of This Newspaper
and The Advertising Council

**SAVE
ENERGY
AT WORK**



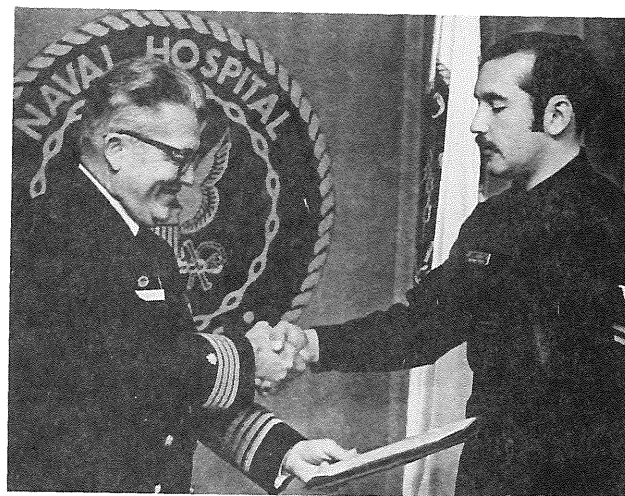
ON 7 NOVEMBER 1974, LT Sagat M. Giron receives the Special Athletic Achievement Award for a Hole-in-One that he made on 6 August 1974 at the NAS Golf Course. LT Giron presently works in the Out-patient Services of the Hospital.



ABOVE LTJG G. Brooks signs promotion papers to his present rank during a ceremony held on 21 October 1974. Looking on are Mrs. Brooks and Capt. R.M. Lehman, Jr., CO, NAVHOSP. Others receiving promotions were: LT R. Luck and LT M. Field, both on 13 November 1974.



AT THE CIVIL SERVICE AWARDS CEREMONY on 10 October 1974, Ms. Eliza Payne receives the "30 year pin", an award for 30 years of service as a civil service employee from Capt. R.M. Lehman, Jr., CO, NAVHOSP. She presently is a worker in the Food Service Division of the Hospital.



HM2 GORDON ABERNATHY was given a Meritorious Mast while serving aboard the USS Hermitage (LSD-34) with the 1st Platoon, Charlie Co., 2nd Recon Batt., 2nd MAH DIV, FMF Atlantic while he was deployed during the Mediterranean Crisis from NON 73-JUN 74. This award was given to Petty Officer Abernathy on the seventh of November 1974. He presently is stationed at the Naval Hospital, Dispensary Service.

ELIGIBLE FOR EMPLOYMENT AT AGE 10 HOURS?

Mr. & Mrs. HM3 Paul Yates, of the Military Personnel Division, were the proud parents of a baby girl, Angela Kay, born 12 November 1974 at 10:50 p. m. here at the Naval Hospital. With the help of her parents and Mr. P.A. Rush-ton, Area Social Security Representative, Angela received her Social Security Card at age 10 hours.

THREE RECEIVE GOOD CONDUCT AWARD

HM1 Howard Daniel, HM2 Nancy Morrison and HN Michael Deshong received their Good Conduct Awards after completing 4 years of Naval Service on 20 November 1974.



THE NROTC SCHOLARSHIP PROGRAM FOR 1975 IS UNDERWAY

Under the Naval Reserve Officers Training Program, an NROTC scholarship applicant must be under 25 years of age on 30 June of the year he would be eligible for commissioned status. This requirement cannot be waived. An in-service candidate who is selected for the NROTC Scholarship Program will be issued orders from his or her present duty station to the appropriate NROTC unit. Following reporting, the scholarship recipient will be discharged from active duty and be enlisted as a midshipman, U.S. Naval Reserve for 6 years, further agreeing to accept an appointment, if offered, as a regular commissioned officer in the naval service. Those persons entering NROTC from active duty, with one or more years of active-obligated service remaining, may be ordered to return to active duty to fulfill that remaining commitment if they should be disenrolled from NROTC prior to commissioning.

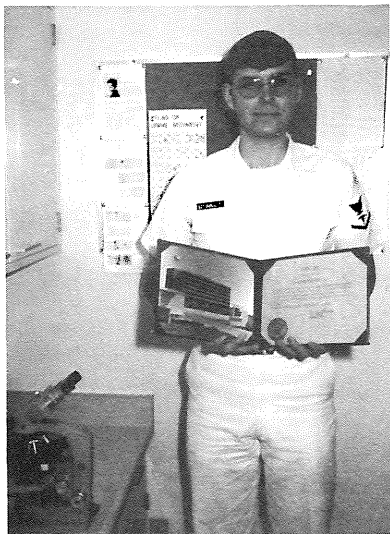
Full details on the NROTC Scholarship Program, including a list of participating universities, application form, physical requirements, age, and all other eligibility standards can be obtained by writing directly to:

Commander, Navy Recruiting
Command (Code 314)
4015 Wilson Boulevard
Arlington, Virginia 22203

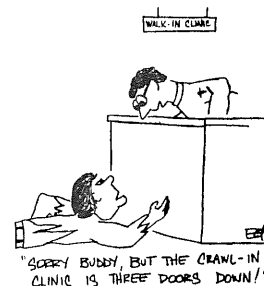
MSU OFFERS ACCELERATED UPPER LEVEL STUDY

As part of its expanded continuing education program, Memphis State University is offering an accelerated upper division agenda for Navy Memphis on-base off-duty education students. Students with two years general studies credit will have the opportunity to complete a Bachelor's Degree Program on the base during a normal tour of shore duty. Students having a minimum of 30 hours accumulated may enter the course of study but will be required to complete further courses to fulfill the degree requirements.

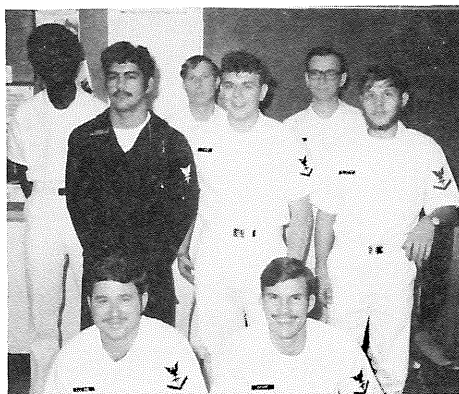
For further information call Mr. Fred Jackson, Navy Campus for Achievement Advisor, in the Education Office at Ext. 5847.



CONGRATULATIONS to HM3 Richard Bernardy (Urology) for receiving this quarter's "Sailor of the Quarter" Award. This award was given to him on the 7th of November 1974 in the CO's Conference Room. Congratulations again from all your shipmates



ABOVE on 31 October 1974, HM3 Douglas Stevens (OPSERV) signs his four years reenlistment contract as LT James Knight of Operating Services looks on. Others reenlisting were HM2 Pamela Taffee (Radiology) on 29 October, signing her contract for five years and HM3 John Williams of Fiscal and Supply Service on 19 November 1974, reenlisting for six years.



ADVANCEMENT TO THE RATE OF HM3 on 16 November 1974 are from left to right above standing: Marshall Rouser, Eugene Torgenson, Myron Gargus, Robert Ford, Harold Hershman, and Larry Nelson. Kneeling from left to right are: Michael Klemme and Robert Goulart.



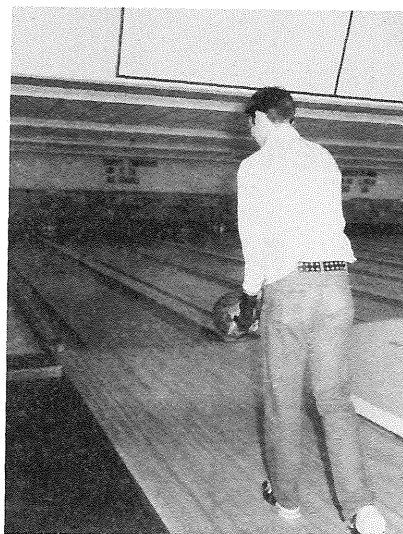
ADVANCEMENT TO THE RATE OF HM2 on 16 November 1974 are from left to right above: Gregory Sexton, Darrel Minor, Craig McCormick and Bernard Nachimson.

PHYSICAL FITNESS - DO IT YOURSELF

The "Aerobic Point System" reflects only those physical exercises which by physiological monitoring have proven to require significant oxygen consumption are readily available to the average person. Listed here are some ways you can accumulate points:

POINT VALUES FOR OTHER SPORTS AND GAMES		POINT VALUES FOR HANDBALL, BASKETBALL, SQUASH, PADDLE BALL	
		Duration (min)	Points
Pushups - 1 for each 20		10	1-1/2
Pullups - 1 for each 5		15	2-1/4
Situps - 1 for each 25		20	3
Circuit Training-3 for each cycle		25	3-3/4
Loss of weight during each calendar month (one entry only) 5 points for each pound lost up to 10 pounds, then 10 points for each pound thereafter.		30	4-1/2
		35	5-1/4
		40	6
		45	6-3/4
		50	7-1/2
		55	8-1/4
		60	9
		65	9-3/4
		70	10-1/2
Stationary Running - 1 pt 100 counts		75	11-1/4
		80	12
Weight Lifting - 3 pts for each 1/2 hour		85	12-3/4
		90	13-1/2
		POINT VALUES FOR WALKING AND RUNNING	
		1 Mile	Points
Leg Lifts - 1 pt for each 25		14:30-19:59 min	1
Toe Touches- 1 pt for each 25		12:00-14:29 min	2
		10:00-11:59 min	3
Side Straddle Hops - 1 pt for each 50		08:00-09:59 min	4
		06:30-07:59 min	5
		Under 06:30 min	6
		1.5 Miles	Points
Rope Skipping 5 min	1-1/2	21:45-29:59 min	1-1/2
10 min	3	18:00-21:44 min	3
15 min	4-1/2	15:00-17:59 min	4-1/2
Rowing 6 min	1	12:00-14:59 min	6
18 min	3	09:45-11:59 min	7-1/2
36 min	6	Under 09:45 min	9
		2 Miles	Points
Skating 15 min	1	40 min or longer	1
30 min	2	29:00-39:59 min	2
60 min	4	24:00-28:59 min	4
Skilling 30 min	3	20:00-23:59 min	6
60 min	6	16:00-19:59 min	8
90 min	9	13:00-15:59 min	10
Tennis 1 set	1-1/2	Under 13:00 min	12
2 sets	3		
3 sets	4-1/2	2.5 Miles	Points
Volleyball 15 min	1	50 min or longer	1
30 min	2	36:15-49:59 min	2-
60 min	4	30:00-36:14 min	5
POINT VALUES FOR SWIMMING (OVERHAND CRAWL)		25:00-29:59 min	7-
		20:00-24:59 min	10
		16:15-19:59 min	12-
		Under 16:15 min	15
200 Yards		POINT VALUES FOR CYCLING	
06:00 min or longer	0		
05:00-06:39 min	1		
03:20-04:59 min	1-1/2		
Less than 03:20 min	2-1/2	2 Miles	Points
		12 min or longer	0
300 Yards		08:00-11:59 min	1
10 min or longer	1	06:00-07:59 min	2
07:30-09:59 min	1-1/2	Less than 6 min	3
05:00-07:29 min	2-1/2		
Less than 5 min	3-1/2	3 Miles	Points
400 Yards		18 min or longer	0
13:20 min or longer	1	12:00-17:59 min	1-1/2
10:00-13:19 min	2-1/2	09:00-11:59 min	3
06:40-09:59 min	3-1/2	Less than 9 min	4-1/2
Less than 06:40 min	5		

Those desiring to participate are encouraged to contact the Physical Fitness Officer, LTJG Reynolds at Extension 5831 or 614.



Medical Intramural Bowling Standings of 13 November 1974

STANDINGS	TEAM #	WON	LOST	TEAM CAPTAIN
#1 Disp. #1	8	33½	6½	Z. Wells
#2 Laboratory	7	25	15	P. Childers
#3 MSC + 1	4	25	15	S. Bazzell
#4 Disp. #2	1	24	16	J. Crone
#5 X-Ray	5	24	16	R. Bernardy
#6 Personnel	3	20½	19½	A. Gibson
#7 Pharmacy	6	14½	25½	D. Duncan
#8 Nurse Corps	10	12	28	K. Coggins
#9 Nursing Serv	9	11	29	O. Dunson
#10 Dental	2	10½	29½	J. Barger



ADVANCEMENT TO THE RATE OF HM3 on 16 November 1974 are from left to right, standing: Jerry McMillan, Linda Webb, James Johnson, Frederick Johnson, Gary Powell, Bobby Osburn, Anthony Welch, Richard Turner, Walter Stephens, Thelma Canada, Malcolm Frazier, Arsenio Cabading, David Laine, James Anthony, Betty Harvey, Godfrey Griffin, Eric MacBain, Allen Gibson, David Clark, Ivory Hopkins, and Jacky Fine. Kneeling from left to right are: Terence Thompson, Herbert Turner, Michael Woodard, Marshall Fisher, Otis Dunson, and Thomas Hudson. Others advanced to HM3 but not pictured above are: Richard Daniel, Catherine Duncombe, Victor Fugate, Steven Helfer, Ralph Jackson, Bruce Nelson, Robert Peterfi, and Michael Snelling.

1974 - 75 CALENDAR OF SPORTS

FALL SEASON

SPORT	INDIVIDUAL OR TEAM SPORT	DURATION OF SPORT	APPROXIMATE TEAM ENTRY DEADLINE
<i>Touch Football League</i>	<i>Team</i>	<i>Aug - Oct</i>	<i>15 Aug</i>
<i>Bowling League</i> (PERMANENT PERSONNEL)	<i>Team</i>	<i>Sept - Dec</i>	<i>30 Aug</i>
<i>Tackle Football</i> (INTERCOMMAND)	<i>Team</i>	<i>Sept - Dec</i>	<i>30 Aug</i>
<i>Volleyball League</i>	<i>Team</i>	<i>Oct - Dec</i>	<i>15 Sept</i>
<i>Horseshoe Tournament</i>	<i>Individual</i>	<i>Oct</i>	<i>20 Sept</i>

WINTER - SEASON

<i>Bowling League</i> (STUDENT)	<i>Team</i>	<i>Jan - Mar</i>	<i>10 Jan</i>
<i>Basketball League</i>	<i>Team</i>	<i>Jan - Apr</i>	<i>10 Jan</i>
<i>Boxing Tournament</i>	<i>Individual</i>	<i>Jan - Mar</i>	<i>20 Jan</i>
<i>Basketball Free Throw</i>	<i>Individual</i>	<i>Mar</i>	<i>1 Mar</i>
<i>Badminton Tournament</i>	<i>Individual</i>	<i>Apr</i>	<i>31 Mar</i>
<i>Table Tennis Tournament</i>	<i>Individual</i>	<i>Apr</i>	<i>10 Apr</i>

SPRING - SUMMER

<i>Tennis League</i>	<i>Team</i>	<i>May - Jul</i>	<i>20 Apr</i>
<i>Softball League</i> (SLOW PITCH)	<i>Team</i>	<i>May - Jul</i>	<i>30 Apr</i>
<i>Softball League</i> (FAST PITCH)	<i>Team</i>	<i>May Jul</i>	<i>30 Apr</i>
<i>Handball</i>	<i>Individual</i>	<i>May</i>	<i>30 Apr</i>
<i>Baseball</i> (INTERCOMMAND)	<i>Team</i>	<i>Jun - Sept</i>	<i>30 May</i>
<i>Water Polo</i> (STUDENTS)	<i>Team</i>	<i>Jul - Aug</i>	<i>30 Jun</i>
<i>Golf League</i>	<i>Team</i>	<i>Jul - Sept</i>	<i>30 Jun</i>
<i>Swimming Tournament</i>	<i>Individual</i>	<i>Aug</i>	<i>30 Jul</i>

For more information contact:

LT J. C. NEW, the Hospital Coordinator for Intramural Sports Activities,
Ext. 5826.